

5 A Day Salad

Makes: 4 servings

This nutrient-packed salad uses ten different vegetables, and each serving is equal to five cups of vegetables!

Ingredients

- 4 cups** spinach (fresh)
- 4 cups** romaine lettuce
- 2 cups** green pepper (chopped, or use red, yellow, or orange)
- 2 cups** cherry tomatoes
- 1 cup** broccoli (chopped)
- 1 cup** cauliflower (chopped)
- 1 cup** yellow squash (sliced)
- 2 cups** cucumber (sliced)
- 2 cups** carrot (chopped)
- 1 cup** zucchini (sliced)

Directions

1. Wash all of the vegetables and mix them together in a large mixing bowl. Top this colorful meal with the nonfat or low-fat dressing of your choice.

Notes

The dressing is not included in the nutritional analysis.

Nutrition Information	
Nutrients	Amount
Calories	110
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	100 mg
Total Carbohydrate	23 g
Dietary Fiber	8 g
Total Sugars	12 g
Added Sugars included	N/A
Protein	6 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

Each serving = 5 cups of vegetables (Eight 5-A-Day servings).

Source: Centers for Disease Control, 5 A Day for Better Health Program.